# Day 15: Upper Body Strength + Core Stability

Date: July 29, 2025

Duration: 40–45 minutes

Equipment: Dumbbells, Bench, Mat

Focus: Chest, Back, Arms, Core

## Warm-Up (5 minutes)

• Arm Circles – 30 sec forward + 30 sec backward

• Torso Twists – 1 min

• Shoulder Rolls – 1 min

• Standing March + Arm Swings – 2 min

## Main Workout

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| Exercise | Sets | Reps | Rest |
| Bench Press (Barbell/Dumbbell) | 3 | 10 | 60 sec |
| Bent-Over Dumbbell Rows | 3 | 12 | 60 sec |
| Standing Lateral Raises (10 lb) | 3 | 12 | 45 sec |
| Dumbbell Overhead Pulls (15 lb) | 3 | 10 | 60 sec |
| Standing Side Crunches | 3 | 15/side | 45 sec |
| Seated Knee-Lift Crunches | 3 | 15 | 45 sec |

## Cooldown (5 minutes)

• Wall Chest Stretch – 1 min

• Overhead Arm Pull – 1 min

• Seated Forward Fold – 2 min

• Child’s Pose – 1 min